## WHAT IS CLAIMED IS:

- 5. A paper or paperboard core or tube comprising a foamed aqueous adhesive.
- The core or tube of claim 5 wherein the adhesive is foamed to up to40% by weight.
- 7. The core or tube of claim 5 wherein one or more paper or paperboard materials are bonded together with the adhesive.
  - 8. The core or tube of claim 7 which is a single ply core or tube.
  - 9. The core or tube of claim 7 which is a multi-ply core or tube.
- 10. The core or tube of claim 5 wherein the core or tube is used in the tissue, towel, carpet, textile, plastic film, paper, food or industrial storage industry.
  - 11. The tube of claim 10 which is a food container.
- 12. The paper core or tube of claim 5 wherein said adhesive is selected from the group consisting of polyvinylacetate homopolymer emulsions and copolymer emulsions, polyvinyl alcohol, dextrins, starches, acrylates, silicates, filled systems, crosslinkables and mixtures thereof.
  - 13. A method for preparing a paper or paperboard core or tube

comprising bonding together one or more plies of paper or paperboard material with a foamed aqueous adhesive.

- 14. The method of claim 13 wherein the adhesive is foamed to up to40% by weight.
- 15. The method of claim 13 wherein the adhesive is applied to the ply material as the core or tube is wound.
- 16. The method of claim 13 wherein a single ply core or tube is prepared.
  - 17. The method of claim 13 wherein a multi-ply core or tube is prepared.